

Free Quit Help is



- Call 1-800-Quit-Now (1-800-784-8669) or register online at QuitlineNC.com.
- Free quit help for people who smoke or use other commercial tobacco products
- Open 24 hours a day, 7 days a week
- Free nicotine patches for most participants
- Pregnant women, teens and those with behavioral health conditions receive extra support
- Help available in many languages

NC Department of Health and Human Services Division of Public Health <https://publichealth.nc.gov>
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Other Types of Commercial Tobacco

“Smokeless” doesn't mean harmless. Dip or snuff has 28 chemicals that can cause cancer. Dip can cause tooth decay and gum disease.



Little cigars have the same health risks as cigarettes.

Electronic cigarettes (e-cigs or vapes) are not harmless. They are addictive and have been shown to contain toxic chemicals.

E-cigarettes are not approved by the FDA and not a recommended way to quit smoking. Try nicotine patches or gum to quit.



Tobacco-Free* Families



- **There is no safe commercial tobacco product**
- **Be a positive role model for your children**
- **Protect your family's health**



* “Tobacco-free” means free of commercial tobacco products — all tobacco products offered for sale — not tobacco used for sacred and traditional ceremonies by many American Indian tribes and communities.

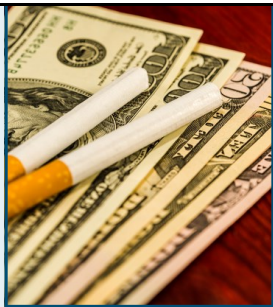
Smoking Hurts You and Your Family

- Cigarette smoke has 7,000 chemicals, 69 of them cause cancer. Smoking causes 14 different kinds of cancer.
- Smoke harms every organ of your body and hurts your immune system.
- The nicotine in all commercial tobacco products is HIGHLY addictive.

People who don't smoke live about 8 to 10 years longer than people who do.

The Cost of Smoking Adds Up!

If you smoke...	You spend...
1 pack a day ...	\$1,825 a year
2 packs a day ...	\$3,650 a year
If cigarettes are \$5 a pack	



Secondhand Smoke

Secondhand smoke is the smoke from someone else's cigarettes, pipes, hookahs or cigars.



Children who are around smoke may experience:

- Sudden Infant Death Syndrome (SIDS)
- Lung problems
- Ear infections
- Asthma
- Learning problems

For adults, breathing secondhand smoke can cause heart attacks, strokes and cancer.

Breathing secondhand smoke during pregnancy can cause babies to be born too early and too small.

Secondhand smoke can hurt your pets!

There is no safe level of secondhand smoke

Thirdhand Smoke

Thirdhand smoke is the harmful chemicals from tobacco smoke that stay on clothing, furniture, carpets and in the car.

Thirdhand smoke stays around long after you put out the cigarette.

How to Protect Your family from Secondhand & Thirdhand Smoke

- Do not allow smoking inside your home or car.
- Do not allow smoking near you, your children or your pets.
- Ask anyone who cares for your child or pet to follow these rules.



A home where family members smoked inside. This shows the wall once pictures were removed. Nicotine and smoke chemicals stay on the wall.